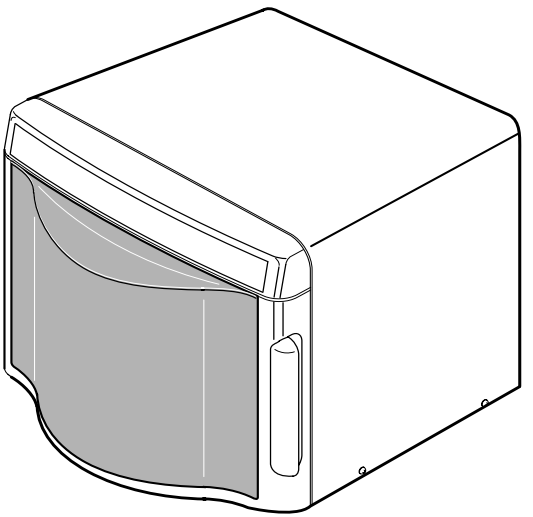
SAMSUNG

# Microwave Oven

## Owner's Manual

### MD800WE/MD800SE



Code No.: DE68-03175A

# Safety

## PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

Failure to observe the following safety precautions may result in harmful exposure microwave energy.

(a) Under no circumstances should any attempt be made to operate the oven with the door open or to tamper with the safety interlocks (door latches) or to insert anything into the safety interlock holes.

(b) Do not place any object between the oven door and front face or allow food or cleaner residues to accumulate on sealing surfaces. Ensure that the door and door sealing surfaces are kept clean by wiping after use first with a damp cloth and then with a soft dry cloth.

(c) Do not operate the oven if it is damaged until it has been repaired by a qualified microwave service technician trained by the manufacturer.

It is particularly important that the oven door closes properly and that there is no damage to the:

(1) Door, door seals and sealing surfaces

(2) Door hinges (broken or loose)

(3) Power cable

(d) The oven should not be adjusted or repaired by anyone other than a properly qualified microwave service technician trained by the manufacturer.

## IMPORTANT SAFETY INSTRUCTIONS. READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

**Before cooking food or liquids in your microwave oven, please check that the following safety precautions are taken.**

1. **DO NOT** use any metallic cookware in the microwave oven:
   - Metallic containers
   - Dinnerware with gold or silver trimmings
   - Skewers, forks, etc.

   **Reason**: Electric arcing or sparking may occur and may damage the oven.
2. **DO NOT** heat:
   - Airtight or vacuum-sealed bottles, jars, containers
     Ex) Baby food jars
   - Airtight food.
     Ex) Eggs, nuts in shells, tomatoes

   **Reason:** The increase in pressure may cause them to explode.
   **Tip:** Remove lids and pierce skins, bags, etc.
3. **DO NOT** operate the microwave oven when it is empty.
   **Reason:** The oven walls may be damaged.
   **Tip:** Leave a glass of water inside the oven at all times. The water will absorb the microwaves if you accidentally set the oven going when it is empty.
4. **DO NOT** cover the rear ventilation slots with cloths or paper.
   **Reason:** The cloths or paper may catch fire as hot air is evacuated from the oven.
5. **ALWAYS** use oven gloves when removing a dish from the oven.
   **Reason:** Some dishes absorb microwaves and heat is always transferred from the food to the dish.The dishes are therefore hot.
6. **DO NOT** touch heating elements or interior oven walls.
   **Reason:** These walls may be hot enough to burn even after cooking has finished, even though they do not appear to be so. Do not allow inflammable materials to come into contact with any interior area of the oven. Let the oven cool down first.
7. To reduce the risk of fire in the oven cavity:
   - Do not store flammable materials in the oven
   - Remove wire twist ties from paper or plastic bags
   - Do not use your microwave oven to dry newspapers
   - If smoke is observed, keep the oven door closed and switch off or disconnect the oven from the power supply.
8. Take particular care when heating liquids and baby foods.
   - **ALWAYS** allow a standing time of at least 20 seconds after the oven has been switched off so that the temperature can equalize.
   - Stir during heating, if necessary, and **ALWAYS** stir after heating.

- Take care when handling the container after heating. You may burn yourself if the container is too hot.
- A risk of delayed eruptive boiling exists.
- To prevent delayed boiling and possible scalding, you should put a plastic spoon or glass stick into the beverages and stir before, during and after heating.
  **Reason**: During the heating of liquids the boiling point can be delayed; this means that eruptive boiling can start after the container is removed from the oven. You may scald yourself.
- In the event of scalding, follow these FIRST AID instructions:
  - Immerse the scalded area in cold water for at least 10 minutes.
  - Cover with a clean, dry dressing.
  - Do not apply any creams, oils or lotions.
- NEVER fill the container to the top and choose a container that is wider at the top than at the bottom to prevent the liquid from boiling over. Bottles with narrow necks may also explode if overheated.
- ALWAYS check the temperature of baby food or milk before giving it to the baby.
- NEVER heat a baby's bottle with the teat on, as the bottle may explode if overheated.

1. Be careful not to damage the power cable.
   - Do not immerse the power cable or plug in water and keep the power cable away from heated surfaces.
   - Do not operate this appliance if it has a damaged power cable or plug.
2. Stand at arm's length from the oven when opening the door.
   **Reason**: The hot air or steam released may cause scalding.
3. Keep the inside of the oven clean.
   Stand at arm's length from the oven when opening the door.
   **Reason:** Food particles or spattered oils stuck to oven walls or floor can cause paint damage and reduce the efficiency of the oven.
4. °Clicking°±sound might be noticed while operating, especially at defrosting mode.
   **Reason:** When the electrical power output is changing, you may hear that sound. This is normal.
5. When the microwave oven is operating without any load, the power will be cut off automatically for safety. You can operate normally after letting it stand for over 30 minutes.
6. Before use, the user should check that utensils are suitable for use in microwave ovens. If smoke is observed, keep the oven door closed.

## IMPORTANT SAFETY INSTRUCTIONS

During cooking, you should look into the oven from time to time when food is being heated or cooked in disposable containers of plastic, paper or other combustible materials.

## IMPORTANT

Young children should **NEVER** be allowed to use or play with the microwave oven. Nor should they be left unattended near the microwave oven when it is in use. Items of interest to children should not be stored or hidden just above the oven.

## WARNING:

If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.

## WARNING:

It is hazardous for anyone other than a comperent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave enegry.

## WARNING:

Liquids and other foods must not be heated in sealed containers since they are liable to explode.

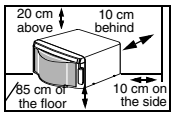
## WARNING:

Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the in a safe way and understands the hazads of improper use.

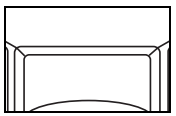
# Installing Your Microwave Oven

***Place the oven on a flat, level surface that strong enough to safely bear the weight of the oven.***

- Properly earthed (3-pin plug)
- Plugged into a standard 220 Volt, 50/60 Hz. AC earthed socket.




**1.** When you install your oven, make sure there is adequate ventilation for your oven by leaving at least 10 cm (4 inches) of space behind, and on the sides of the oven and 20 cm (8 inches) of space above the oven and 85 cm (33 inches) of the floor.



**2.** Remove all packing materials inside the oven. Install the roller ring and turntable. Check that the turntable rotates freely.

**3.** This microwave oven has to be positioned so that plug is accessible.

- **Never** block the air vents as the oven may overheat and automatically switch itself off. It will remain inoperable until it has cooled sufficiently.
- Plug the cable into a 3-pin, earthed socket. If the power cable of this appliance is damaged, it must be replaced by a special cable (references I-SHENG SP022, KDK KKP 4819 D, SAMIL SP-106B, MOONSUNG EP-48E or EUROELECTRIC 3410). Contact your local dealer to have it replaced. The power cable of S/AFRICA, U.A.E is EUROELECTRIC (3183Y), ISRAEL is PENCON (ZD16A) and NIGERIA, GHANA and KENYA is PENCON (UD 13A1) and SAUDI ARABIA is MOON SUNG SJT 14AWG, PENCON (UD13A1).
- DO NOT install the microwave oven in hot or damp surroundings.
  - Example: Next to a traditional oven or radiator.
  - The power supply specifications of the oven must be respected and any extension cable used must be of the same standard as the power cable supplied with the oven.
  - Wipe the interior and the door seal with a damp cloth before using your microwave oven for the first time.
- This microwave oven has to be connected to the plug endurable to proper power consumption.
  This microwave oven has to be positioned so that the plug is accessible.

# Your New Toast & Bake Microwave oven

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# Your New Microwave oven

## Checking Parts

Unpack your microwave oven and check to make sure that you have all the parts shown here. If any part is missing or broken, call your dealer.

**Microwave oven**

**Roller guide ring**

**Glass tray**

**Instruction manual**

**Registration card**

## Warranty and Service Information

To help us better serve you, please complete the enclosed registration card and promptly return it by mail. If the registration card is missing. you can call united Matbouli group at 800-2-444-999 or register on line at www.samsungmea.com.When contacting Samsung, please provide the specific model and serial number information which is usually located on the back or bottom of the product. Please record these numbers below, along with the other requested information. Keep this information in a safe place as a permanent record of your purchase to aid in identification in case of theft or loss, and a copy of your sales receipt as a proof of purchase if warranty service is needed.

MODEL NUMBER _____

SERIAL NUMBER _____

DATE PURCHASED _____

PURCHASED FROM _____

Warranty service can only be performed by a Samsung Authorized Service Center. If you should require warranty service, provide the above information with a copy of your sales receipt to the Samsung Authorized Service Center. For service assistance and the location of the nearest service center please call 800-2-444-999 or go on line to umg.com.sa

## Setting Up Your Microwave Oven

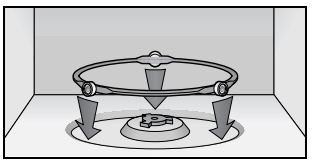
**1** Place the oven on a flat, sturdy surface and plug the cord into a grounded outlet. Once plugged in, the display on your oven will show:

*Make sure there is adequate ventilation for your oven by leaving at least four inches of space behind, above, and to the sides of the oven.*

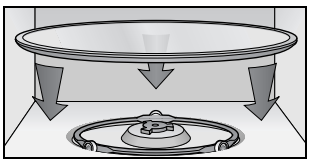
**2** Open the oven door by pulling the handle on the right side of the door.

**3** Wipe the inside of the oven with a damp cloth.

**4** Place the pre-assembled ring in the indentation in the center of the oven.

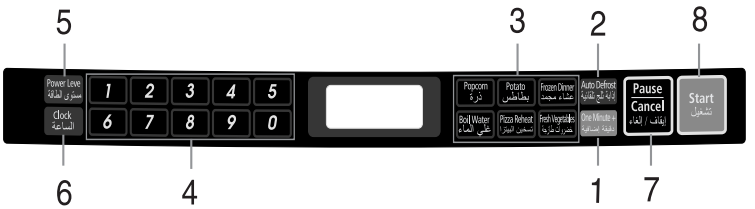


**5** Place the glass tray on top of the ring so that the three glass tabs in the center of the tray fit securely into the tabs on the floor of the oven.



# Your New Microwave oven

## Control Panel Buttons

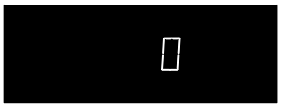



1. **One Minute+** **p.7**
   Press once for every minute of cooking at High power.
2. **Defrost** **p.7**
   Press to set the defrosting time of the food to be defrosted.
3. **Instant Cook Buttons** **p.8**
   Instant settings to cook popular foods.
4. **Number buttons**
   Sets cooking times.
5. **Power Level** **p.9**
   Sets power to level other than high.
6. **Clock** **p.6**
   Sets current time.
7. **Pause/Cancel** **p.6**
   Press to pause oven or correct a mistake.
8. **Start**
   Press to start cooking.

# Operation

## Setting the Clock

**1** Press the **Clock** button. The display will show:




**2** Use the **Number** buttons to enter the current time. You must press at least three numbers to set the clock. If the current time is 5:00 enter, 5,0,0:

**3** Press **Clock** again. A colon will appear, indicating that the time is set.

*If there is a power interruption, you will need to reset the clock.*

*You can check the current time while cooking is in progress by pressing the **Clock** button.*

## Using the Pause/Cancel Button

The **Pause/Cancel** button allows you to clear instructions you have entered. It also allows you to pause the oven's cooking cycle, so that you can check the food.

- To pause the oven during cooking: press **Pause/Cancel** once. To restart, press **Start**.
- To stop cooking, erase instructions, and return the oven display to the time of day: press **Pause/Cancel** twice.
- To Correct a mistake you have just entered: press **Pause/Cancel** once, then re-enter the instructions.

# Operation

## Using the One Minute+ Button

This button offers a convenient way to heat food in one-minute increments at the High power level.

**1** Press the **One Minute+** button once for each minute you wish to cook the food. For example, press it twice for two minutes. The time will display, and the oven starts automatically.

*Add minutes to a program in progress by pressing the **One Minute+** button for each minute you want to add. You can only adjust the time during cooking when the time cook mode is selected.*

## Defrosting

The defrost setting is designed for speedy thawing of frozen food and is one of the great advantages of the microwave oven. (Power level of 30% is automatically set for defrosting)

**1** Press the **Defrost** button. The display shows “PL 30”.

**2** Press the **Number** buttons to enter the desired defrosting time.

**3** Press the **Start** button to begin defrosting.


- ***See page 14 for the Defrosting Guide.***

# Operation

## Using the Instant Cook Buttons

**1** Press the **Instant Cook** button corresponding to the food you are cooking (**Popcorn**, for example). The display shows the first serving size:

**2** Press the button repeatedly to select the serving size you want. The display will cycle through all available serving sizes. Once you select the correct serving size, the microwave will begin cooking automatically.

## Instant Cook Chart

| Item | Weight | Remarks |
|---|---|---|
| **Popcorn** | 3.5 oz<br>3.0-3.5 oz | • Use one microwave-only bag of popcorn.<br>• Use caution when removing and opening hot bag from oven<br>• If it gets stuck, open the door and reposition the bag in the center of the oven, close the door and press start. |
| **Potato** | 1 EA<br>2 EA<br>3 EA<br>4 EA | • Prick each potato several times with a fork.<br>• Place on turntable in spoke-like fashion.<br>• Remove from oven, wrap in foil and let stand 3-5 min.<br>• Once during cooking, the oven will beep to let you know to turn the food over. Turn the food over and then press start. |
| **Frozen Dinner** | 8-10 oz<br>10-12 oz<br>12-18 oz | • Remove package from outer wrapping and follow package instructions for covering and standing. After cooking, let stand 1-3 min. |
| **Boil Water** | ½ cup<br>1 cup<br>2 cups | • Measure liquid; pour into microwave-safe container that is 2 times larger than amount of liquid. Example: For 1 cup liquid use a 2 cup or larger dish.<br>• Stir well before and after heating to prevent erupting. |
| **Pizza Reheat** | 1 Slice<br>2 Slices<br>3 Slices<br>4 Slices | • Put the pizza on a microwave-safe plate with wide end of slice towards the outside edge of the plate.<br>• Do not let slices overlap. Do not cover.<br>• Before serving, let stand 1-2 min. |
| **Fresh Vegetables** | 1 cup<br>2 cups<br>3 cups<br>4 cups | • Place the vegetable into a casserole bowl and add some water (2-4 Tbsp).<br>• Cover during cooking and stir before standing. |

***Note***

*The cooking time of 3.0 oz. microwave-popcorn depends on the contents of butter and brands. Cooking time is adjustable for desired taste with numeric pads following package instructions.*

# Cooking Instructions

## Time Cooking

## One Stage Programming

The power level lets you control the heating intensity from Warm to High with the **Power Level** button.

**1** Press the **Power Level** button. The power level is automatically set to high. If you want to set the power level to something other than High, press the **Power Level** button repeatedly.

| Pad | Touch | Display |
|---|---|---|
| Power Level | Once | PL:Hi |
| | Twice | PL:90 |
| | 3 Times | PL:80 |
| | 4 Times | PL:70 |
| | 5 Times | PL:60 |
| | 6 Times | PL:50 |
| | 7 Times | PL:40 |
| | 8 Times | PL:30 |
| | 9 Times | PL:20 |
| | 10 Times | PL:10 |

**2** Press the **Number** buttons to enter the desired cooking time.

**3** Press the **Start** button to begin cooking. If you want to change the power level, press Pause/Cancel before you press **Start**, and re-enter all of the instructions.

*You can check the Power Level while cooking is in progress by pressing the* **Power Level** *button.*

## Two Stage Programming

**1** Touch **Defrost**.

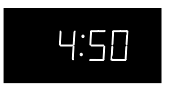
Display window shows "PL 30".

**2** Enter defrosting time (up to 99 min. 99 sec.) by touching the number pads. For example, to set 3 minutes 50 seconds, touch 3, 5 and 0 in sequence. Display window shows “3:50”.

**3** Touch **Power Level**. For example, to set PL:Hi, touch the **Power Level** pad once. Display window shows "PL:Hi”.

**4** Enter cooking time (up to 99 min. 99 sec.) by touching the number pads.

For example, to set 4 minutes 50 seconds, touch 4, 5 and 0 in sequence. Display window shows "4:50".




**5** Touch ***Start***.

The first stage defrosting time appears in the display window and counts down. As soon as the defrosting finishes, the second stage cooking time appears automatically and counts down.

# Cooking Instructions

## Cooking Utensils

### Recommended Use

- **Glass and glass-ceramic bowls and dishes** — Use for heating or cooking.
- **Microwave browning dish** — Use to brown the exterior of small items such as steaks, chops, or pancakes. Follow the directions provided with your browning dish.
- **Microwavable plastic wrap** —Use to brown the exterior of small opening for some steam to escape and avoid placing it directly on the food.
- **Wax paper** — Use as a cover to prevent spattering.
- **Paper towels and napkins** — Use for short-term heating and covering; they absorb excess moisture and prevent spattering. Do not use recycled paper towels, which may contain metal and can catch fire.
- **Paper plates and cups** — Use for short-term heating at low temperatures. Do not use recycled paper, which may contain metal and can catch fire.
- **Thermometers** — Use only those labeled “Microwave Safe” and follow all directions. Check the food in several places. Conventional thermometers may be used once the food has been removed from the oven.

### Limited Use

- **Aluminum foil** — Use narrow strips of foil to prevent overcooking of exposed areas. Using too much foil can damage your oven, so be careful.
- **Ceramic, porcelain, and stoneware** — Use these if they are labeled “Microwave Safe.” If they are not labeled, test them to make sure they can be used safely. Never use dishes with metallic trim.
- **Plastic** — Use only if labeled “Microwave Safe.” Other plastics can melt.
- **Straw, wicker, and wood** — Use only for short-term heating, as they can be flammable.

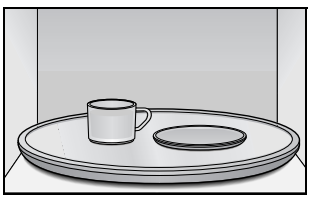
### Not Recommended

- **Glass jars and bottles** — Regular glass is too thin to be used in a microwave, and can shatter.
- **Paper bags** — These are a fire hazard, except for popcorn bags that are designed for microwave use.
- **Styrofoam plates and cups** — These can melt and leave an unhealthy residue on food.
- **Plastic storage and food containers** — Containers such as margarine tubs can melt in the microwave.
- **Metal utensils** — These can damage your oven. Remove all metal before cooking.

## Testing Utensils

If you are not sure whether a dish is microwave-safe or not, you can perform this test:

1. Fill one measuring cup with water and put it inside your oven, next to the dish you want to test.



2. Press the **One Minute+** button once to heat them for one minute at High power.

The water should be warm and the dish you are testing should be cool. If the dish is warm, then it is absorbing microwave energy and is not acceptable for use in the microwave.

# Cooking Instructions

## Cooking Techniques

### Stirring

Stir foods such as casseroles and vegetables while cooking to distribute heat evenly. Food at the outside of the dish absorbs more energy and heats more quickly, so stir from the outside to the center. The oven will turn off when you open the door to stir your food.

### Arrangement

Arrange unevenly shaped foods, such as chicken pieces or chops, with the thicker, meatier parts toward the outside of the turntable where they receive more microwave energy. To prevent overcooking, place thin or delicate parts toward the center of the turntable.

### Shielding

Shield food with narrow strips of aluminum foil to prevent overcooking. Areas that need shielding include poultry wing-tips, the ends of poultry legs, and corners of square baking dishes. Use only small amounts of aluminum foil. Larger amounts can damage your oven.

### Turning

Turn foods over midway through cooking to expose all parts to microwave energy. This is especially important with large items such as roasts.

### Standing

Foods cooked in the microwave build up internal heat and continue to cook for a few minutes after the oven stops. Let foods stand to complete cooking, especially foods such as roasts and whole vegetables. Roasts need this time to complete cooking in the center without overcooking the outer areas. All liquids, such as soup or hot chocolate, should be shaken or stirred when cooking is complete. Let liquids stand a moment before serving. When heating baby food, stir well and test the temperature before serving.

### Adding Moisture

Microwave energy is attracted to water molecules. Food that is uneven in moisture content should be covered or allowed to stand so that the heat disperses evenly. Add a small amount of water to dry food to help it cook.

## General Tips

- Dense foods, such as potatoes, take longer to heat than lighter foods. Foods with a delicate texture should be heated at a low power level to avoid becoming tough.
- Altitude and the type of cookware you are using can affect cooking time. When using a new recipe, use the minimum cooking time and check the food occasionally to prevent overcooking.
- Foods with a non-porous skin or shell, such as potatoes, eggs, or hot dogs, should be pierced to prevent bursting.
- Frying with heating oil or fat is not recommended. Fat and oil can suddenly boil over and cause severe burns.
- Some ingredients heat faster than others. For example, the jelly inside a jelly doughnut will be hotter than the dough. Keep this in mind to avoid burns.
- Home canning in the microwave oven is not recommended because all harmful bacteria may not be destroyed by the microwave heating process.
- Although microwaves do not heat the cookware, the heat is often transferred to the cookware. Always use pot holders when removing food from the microwave and instruct children to do the same.

# Cooking Instructions

## Cooking Guide

## Guide for Cooking Meat in Your Microwave

- Place meat on a microwave-safe roasting rack in a microwave-safe dish.
- Start meat fat-side down. Use narrow strips of aluminum foil to shield any bone tips or thin meat areas.
- Check the temperature in several places before letting the meat stand the recommended time.
- The following temperatures are removal temperatures. The temperature of the food will rise during the standing time.

| Food | Cook Time/Power Level | Directions |
|---|---|---|
| **Roast Beef Boneless**<br><br>Up to 4 lbs. | Cooking Time:<br>5-8 min. / lb. for 115° F - Rare<br>6-9 min. / lb. for 120° F - Medium<br>7-12 min. / lb. for 145° F - Well Done<br><br>*Power Level:* High(Hi) for first 5 min., then Medium(50). | Place roast fat-side down on roasting rack. Cover with wax paper. Turn over when cooking time is half up. Let stand 10 min. |
| **Pork Boneless or bone-in**<br><br>Up to 4 lbs. | Cooking Time:<br>6-10 min. / lb. for 160° F - Well Done<br>*Power Level:* High(Hi) for first 5 min., then Medium(50). | Place roast fat-side down on roasting rack. Cover with vented plastic wrap. Turn over when cooking time is half up. Let stand 10 min. |
| **Bacon**<br><br>2-6 slices | Cooking Time:<br>2 slices: 1½ - 2 min.<br>4 slices: 3 - 4 min.<br>6 slices: 4½ - 6min.<br>*Power Level:* High(Hi). | Arrange slices on roasting rack or a dish lined with paper-towel. Cover with paper towel. Microwave until crisp. |

## Guide for Cooking Poultry in Your Microwave

- Place poultry on a microwave-safe roasting rack in a microwave-safe dish.
- Cover poultry with wax paper to prevent spattering.
- Use aluminum foil to shield bone tips, thin meat areas, or areas that start to overcook.
- Check the temperature in several places before letting the poultry stand the recommended time.

| Food | Cook Time/Power Level | Directions |
|---|---|---|
| **Whole Chicken**<br><br>Up to 4 lbs. | Cooking Time:<br>6-9 min. / lb. for 170° -180°F<br><br>*Power Level:* High(Hi). | Place chicken breast-side down on roasting rack. Cover with wax paper. Turn over when cooking time is half up. Cook until juices run clear and meat near the bone is no longer pink. Let stand 5-10 min. |
| **Chicken Pieces**<br><br>Up to 2 lbs. | Cooking Time:<br>4-7 min. / lb. for<br>180°F dark meat<br>170°F light meat<br>*Power Level:* High(Hi). | Place chicken bone-side down on dish, with the thickest portions towards the outside of the dish. Cover with wax paper. Turn over when the cooking time is half up. Cook until juices run clear and meat near the bone is no longer pink. Let stand 5-10 min. |

# Cooking Instructions

## Guide for Cooking Seafood in Your Microwave

- Cook fish until it flakes easily with a fork.
- Place fish on a microwave-safe roasting rack in a microwave-safe dish.
- Use a tight cover to steam fish. A lighter cover of wax paper or paper towel provides less steaming.
- Do not overcook fish; check it at minimum cooking time.

| Food | Cook Time/Power Level | Directions |
|---|---|---|
| **Steaks**<br><br>Up to 1.5 lbs. | Cooking Time:<br>4-7 min. / lb.<br><br>*Power Level:* Medium-High(70). | Arrange steaks on roasting rack with meaty portions towards the outside of rack. Cover with wax paper. Turn over and rearrange when cooking time is half up. Cook until fish flakes easily with a fork. Let stand 3-5 min. |
| **Fillets**<br><br>Up to 1.5 lbs. | Cooking Time:<br>2-5 min. / lb<br><br>*Power Level:* High(Hi). | Arrange fillets in a baking dish, turning any thin pieces under. Cover with wax paper. If over 1/2 inch thick, turn over and rearrange when cooking time is half up. Cook until fish flakes easily with a fork. Let stand 2-3 min. |
| **Shrimp**<br><br>Up to 1.5 lbs. | Cooking Time:<br>3-5 min. / lb.<br><br>*Power Level:* High(Hi). | Arrange shrimp in a baking dish without overlapping or layering. Cover with wax paper. Cook until firm and opaque, stirring 2 or 3 times. Let stand 5 min. |

## Guide for Cooking Eggs in Your Microwave

- Never cook eggs in the shell, and never warm hard-cooked eggs in the shell; they can explode.
- Always pierce whole eggs to keep them from bursting.
- Cook eggs just until set; they become tough if overcooked.

## Guide for Cooking Vegetables in Your Microwave

- Vegetables should be washed just before cooking. Often, no extra water is needed. If dense vegetables such as potatoes, carrots and green beans are being cooked, add about ¼ cup water.
- Small vegetables (sliced carrots, peas, lima beans, etc.) will cook faster than larger ones.
- Whole vegetables, such as potatoes, a corn squash or corn on the cob, should be arranged in a circle on the turntable before cooking. They will cook more evenly if turned over after half the cooking time.
- Always place vegetables like asparagus and broccoli with the stem ends pointing towards the edge of the dish and the tips toward the center.
- When cooking cut vegetables, always cover the dish with a lid or vented microwavable plastic wrap.
- Whole, unpeeled vegetables such as potatoes, squash, eggplant, etc., should have their skin pricked in several spots before cooking to prevent them from bursting.
- For more even cooking, stir or rearrange whole vegetables halfway through the cooking time.
- Generally, the denser the food, the longer the standing time. (Standing time refers to the time necessary for dense, large foods and vegetables to finish cooking after they come out of the oven.) A baked potato can stand on the counter for five minutes before cooking is completed, while a dish of peas can be served immediately.

# Cooking Instructions

## Defrosting Guide

- Unwrap food. Place food on microwave-safe rack, plate or shallow dish.
- After first half of defrosting time: remove any remaining wrap, break food apart or separate pieces if possible, remove any thawed food, if possible, shield tips, thin meat or warm areas of food with foil.
- When defrosted, food should be cool, but softened in all areas. If still slightly icy, return to microwave oven very briefly, or let stand a few minutes.
- Poultry and fish may be placed under running cool water until defrosted.

| Food | Microwave Time at Defrost Level | Directions |
|---|---|---|
| **Beef** | | |
| **Chuck Roast** up to 5 lbs | Microwave Time: 7-9 min / lb Let Stand: 5-10 min. | Place on plate or rack. Microwave until a wooden pick can be easily inserted in center. Turn over twice. |
| **Steaks** up to 5 lbs | Microwave Time: 6-9 min / lb Let Stand: 5-10 min | Place on plate or rack. Microwave until pliable, then separate steaks and rearrange. Turn over twice. |
| **Ground Beef** up to 3 lbs | Microwave Time: 8-10 min / lb Let Stand: 5-10 min. | Place on plate or rack. Microwave until pliable, then break apart and remove defrosted portions at half time. Turn over twice. |
| **Pork** | | |
| **Spareribs** up to 3 lbs | Microwave Time: 6-8 min / lb Let Stand: 5-10 min. | Place on plate or rack. Microwave until pliable, then separate and rearrange. Turn over twice. |
| **Pork Chops** up to 3 lbs | Microwave Time: 6-8 min / lb Let Stand: 5-10 min. | Place on plate or rack. Microwave until pliable, then separate and rearrange. Turn over twice. |
| **Poultry** | | |
| **Whole Chicken** up to 5 lbs | Microwave Time: 7-9 min / lb Let Stand: 5-10 min. | Place on plate or rack. Microwave until pliable, then break apart and rearrange portions at half time. Rinse cavity with cool water. Remove giblets. |
| **Pieces** up to 2 lbs | Microwave Time: 9-11 min / lb Let Stand: 5-10 min. | Place on plate or rack. Microwave until pliable, then break apart and rearrange portions at half time. |
| **Seafood** | | |
| **Steaks** up to 3-5 lbs | Microwave Time: 6-9 min / lb Let Stand: 5-10 min. | Place on plate or rack. MIcrowave until a wooden pick can be easily inserted in center, break apart and rearrange at half time. |
| **Fillets** up to 3-5 lbs | Microwave Time: 4-7 min / lb Let Stand: 5-10 min. | Place on plate or rack. Microwave until a wooden pick can be easily inserted in center, break apart and rearrange at half time. |
| **Shrimp** up to 3 lbs | Microwave Time: 4-7 min / lb Let Stand: 5-10 min. | Place on plate or rack. Microwave until pliable, then separate and rearrange at half time. |

# Cooking Instructions

## Recipes

### Beef and Barley Stew

1½ lbs. beef stew cubes, cut into ½-inch pieces
½ cup chopped onion
2 Tbs. all-purpose flour
1 Tbs Worcestershire sauce
1 can (13.75-14.5 oz.) beef broth
2 medium carrots, cut into ½-inch slices (about 1 cup)
½ cup barley
1 bay leaf
¼ tsp. pepper
1 pkg. (9-10 oz.) frozen peas, thawed

1. In a 2-quart casserole, combine beef, onion, flour, and Worcestershire; mix well. Cover with lid. Cook at High for 6 to 8 minutes until beef is no longer pink, stirring once.
2. Stir in beef broth, carrots, barley, bay leaf, and pepper. Cover with lid. Cook at Medium for 45 to 50 minutes until carrots and beef are tender, stirring 2 to 3 times.
3. Stir in peas. Cover with lid. Cook at Medium for 10 minutes. Let stand for 10 minutes. Remove bay leaf before serving.
***Makes 6 servings.***

### Broccoli and Cheese Casserole

¼ cup butter or margarine
¼ cup chopped onion
1½ Tbs. flour
½ tsp. salt
¼ tsp. dry mustard
⅛ tsp. pepper
1½ cups milk
¼ cup chopped red pepper
8 oz. (2 cups) cheddar cheese, shredded
1 pkg. (9-10 oz.) frozen chopped broccoli, thawed
4 cups cooked spiral shaped pasta (8 oz. dry)

1. In a 2-quart casserole, cook butter and onion at High for 2 to 3 minutes until onion is soft, stirring once.
2. Add flour, salt, mustard, and pepper; mix well. Cook at High for 60 to 90 seconds until mixture boils. Stir in milk until smooth.
3. Stir in red pepper. Cook at High for 2 to 3 minutes until mixture boils and thickens slightly, stirring twice. Stir in cheese until melted.
4. Add broccoli and pasta, mix well. Cover with lid. Cook at High for 4 to 6 minutes until heated through, stirring once. Stir before serving.
***Makes 6 servings.***

# Cooking Instructions

## Warm Potato Salad

2 lbs. small red potatoes, cut into ½-inch pieces
4 slices bacon (uncooked), cut into ½-inch pieces
¼ cup chopped onion
2 tsp. sugar
1 tsp. salt
1 tsp. flour
½ tsp. celery seed
1/8 tsp. pepper
2½ Tbs. apple cider vinegar

1. In a 2-quart casserole, combine potatoes and ¼ cup water. Cover with lid. Cook at High until potatoes are tender (10-12 min.); stir twice. Drain and set aside to cool slightly.
2. In a medium bowl, cook bacon at High until crisp (3-5 min.); stir once. Place bacon on a paper towel. Reserve 1 Tbs. drippings.
3. Combine drippings and onion. Cover with plastic wrap; turn back a corner to vent steam. Cook at High until tender (3-4 min.); stir once.
4. Stir in sugar, salt, flour, celery seed, and pepper. Cook at High until mixture boils (30-40 sec.). Stir in vinegar and ½ cup water. Cook at High until liquid boils and thickens slightly (1-2 min.); stir once. Add bacon to dressing. Pour dressing over potatoes. Stir well.
***Makes 6 servings.***

## Black Bean Soup

1 cup chopped onion
1 clove garlic, minced
2 cans (15 oz. each) black beans, drained
1 can (14-16 oz.) stewed tomatoes, chopped
1 can (13.75-14.5 oz.) chicken broth
1 can (7-8.5 oz.) corn
1 can (4 oz.) chopped green chilies
- 1-2 tsp. ground cumin, or to taste

1. Place onion and garlic in a 3-quart casserole. Cover with lid. Cook at High for 3 to 5 minutes until tender.
2. Add one can of beans, mash beans with a fork. Add remaining ingredients; mix well.
3. Cook uncovered, at High for 10 minutes; stir. Reduce power to Medium and cook for 5 minutes. Stir before serving.
***Makes about 2 quarts.***

# Appendix

## Troubleshooting Guide

Before you call a repair person for your oven, check this list of possible problems and solutions.

**Neither the oven's display nor the oven operate.**

- Properly insert the plug into a grounded outlet.
- If the outlet is controlled by a wall switch, make sure the wall switch is turned on.
- Remove the plug from the outlet, wait ten seconds, then plug it in again.
- Reset the circuit breaker or replace any blown fuse.
- Plug another appliance into the outlet; if the other appliance doesn't work, have a qualified electrician repair the outlet.
- Plug the oven into a different outlet.

**The oven's display works, but the power won't come on.**

- Make sure the door is closed securely.
- Check to see if packing material or other material is stuck to the door seal.
- Check for door damage.
- Press Cancel twice and re-enter all cooking instructions.

**The power goes off before the set time has elapsed.**

- If there has not been a power outage, remove the plug from the outlet, wait ten seconds, then plug it in again. If there was a power outage, the time indicator will display "88:88" Reset the clock and any cooking instructions.
- Reset the circuit breaker or replace any blown fuse.

**The food is cooking too slowly.**

- Make sure the oven is on its own 15 amp circuit line. Operating another appliance on the same circuit can cause a voltage drop. If necessary, move the oven to its own circuit.

**You see sparks or arcing.**

- Remove any metallic utensils, cookware, or metal ties. If using foil, use only narrow strips and allow at least one inch between the foil and interior oven walls.

**The turntable makes noises or sticks.**

- Clean the turntable, roller ring and oven floor.
- Make sure the turntable and roller ring are positioned correctly.

**Using your microwave causes TV or radio interference.**

- This is similar to the interference caused by other small appliances, such as hair dryers. Move your microwave further away from other appliances, like your TV or radio.

# Appendix

## Care and Cleaning

Follow these instructions to clean and care for your oven.

- Keep the inside of the oven clean. Food particles and spilled liquids can stick to the oven walls, causing the oven to work less efficiently.
- Wipe up spills immediately. Use a damp cloth and mild soap. Do not use harsh detergents or abrasives.
- To help loosen baked on food particles or liquids, heat two cups of water (add the juice of one lemon if you desire to keep the oven fresh) in a four-cup measuring glass at High power for five minutes or until boiling. Let stand in the oven for one or two minutes.
- Remove the glass tray from the oven when cleaning the oven or tray. To prevent the tray from breaking, handle it carefully and do not put it in water immediately after cooking. Wash the tray carefully in warm sudsy water or in the dishwasher.
- Clean the outside surface of the oven with soap and a damp cloth. Dry with a soft cloth. To prevent damage to the operating parts of the oven, don't let water seep into the openings.
- Wash the door window with very mild soap and water. Be sure to use a soft cloth to avoid scratching.
- If steam accumulates inside or outside the oven door, wipe with a soft cloth. Steam can accumulate when operating the oven in high humidity and in no way indicates microwave leakage.

Never operate the oven without food in it, this can damage the magnetron tube or glass tray. You may wish to leave a cup of water in the oven when it is not in use to prevent damage if the oven is accidentally turned on.

## Specifications

| | |
|---|---|
| Model Number | MD800WE/MD800SE |
| Controls | 10 power levels, including defrost |
| Timer | 99 minutes, 99 seconds |
| Power Source | 220 VAC, 50/60 Hz |
| Power Output | 700 Watts (ICE-705 TEST PROCEDURE) |
| Outside Dimensions | $16^{19/32}$"(W) X $17^{11/64}$"(H) X $12^{37/64}$"(D) |
| Oven Cavity Dimensions | $12^{61/64}$"(W) X $12^{11/64}$"(H) X $7^{53/64}$"(D) |
| Net/Gross Weight | 30.1 lbs /33.3 lbs |

# Guía Rápida

| Feature | Operation |
|---|---|
| **Programar el Reloj** | **1.** Presione CLOCK.<br>**2.** Use los botones numéricos para ingresar la hora del día.<br>**3.** Presione nuevamente CLOCK. |
| **Cocinando con Un Minuto Más** | **1.** Presione el botón ONE MINUTE + una vez por cada minuto de cocción.<br>**2.** Se mostrará el tiempo en la pantalla y el horno comenzará. |
| **Botones Cocción Instantánea** | **1.** Presione el botón que corresponda al alimento que va a cocinar. (Por ejemplo POPCORN).<br>**2.** Presione repetidamente el botón para seleccionar la porción. |
| **Descongelar** | **1.** Presione DEFROST.<br>**2.** Presione en secuencia los botones numéricos (del 0 al 9) para ingresar el tiempo deseado de descongelado.<br>**3.** Presione START. |
| **Para programar el Tiempo de Cocción y los Niveles de Potencia** | **1.** Presione el botón POWER LEVEL. Si usted desea programar un nivel de potencia diferente a ALTO, entonces presione repetidamente el botón POWER LEVEL.<br>**2.** Use los botones numéricos para programar el tiempo de cocción.<br>**3.** Presione START para comenzar a cocinar. |

# Quick Reference

| Feature | Operation |
|---|---|
| **Set Clock** | **1.** Press CLOCK.<br>**2.** Use the Number buttons to enter the current time.<br>**3.** Press CLOCK again. |
| **One Minute+ Cooking** | **1.** Press the ONE MINUTE + button once for each minute of cooking.<br>**2.** The time will display and the oven will start. |
| **Instant Cook Buttons** | **1.** Press button that corresponds to the food you are cooking (for example, POPCORN).<br>**2.** Press the button repeatedly to select serving size. |
| **Defrost** | **1.** Press DEFROST.<br>**2.** Press the buttons(0-9) sequentially to enter the desired defrosting time.<br>**3.** Press START. |
| **Set Cooking Time and Power Levels** | **1.** Press the POWER LEVEL button. If you wnat to set the power level to something other than High, press the POWER LEVEL button repeatedly.<br>**2.** Use NUMBER buttons to set cooking time.<br>**3.** Press START to begin cooking. |

# Note

# Note

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